



# Senior NEWS

301-258-6380

February 2007



## The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.

### Top-Notch Classes

We are pleased to offer classes through the **Montgomery College Lifelong Learning Institute.**

Together we are committed to creating and fostering a variety of intellectually stimulating opportunities for seniors. Discounted rates apply for those 60 and older.

#### **WATERCOLOR TECHNIQUES I**

Tuesdays, Feb. 13 – April 3 (eight sessions)

9:30 a.m. – 11:30 a.m.

Youth Center/Robertson Park

#### **TAI CHI**

Tuesday/Thursday

Feb. 20 – March 16

(eight sessions)

11 a.m. – noon

Bohrer Park Activity Center

#### **SHORT FICTION FROM AROUND THE WORLD**

Wednesdays, Feb. 28 – May 2, (10 sessions)

10 a.m. – noon

Youth Center/Robertson Park

Registration forms and fee information are available at the Senior Center front desk. Please call 301-258-6380.

### Fourth Annual Valentines Day High Tea “Gloves” Wed., Feb. 14 at 1 p.m.

The Nutrition Program lunch (open to all) will be tea sandwiches, a delicate soup and fruit with whipped cream. (Sign up separately)

At 1 p.m. we dress the tables, arrange the flowers, and seat our registered guests. White gloves will be provided, (or bring your own special pair to add to the elegant formality) and we'll share memories of their significance. Enjoy brewed tea, delicious pastries, conversation and musical entertainment.

Seats are limited. **Sign up early** on the program sheet.

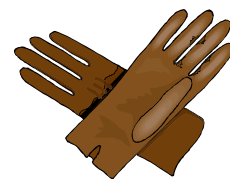
Gracious hosts/hostesses are needed to set and serve tables.

Please see Denise Mornini to volunteer.

**Fee:** \$5

**Minimum:** 30

**Maximum:** 70



### Trip to Freer/Sackler Galleries, National Museum of African Art Washington, DC

**Date:** Monday, Feb. 12

**Depart:** 9 a.m. **Return:** 4 p.m.

**Fee:** \$6 (transportation only)

**Deadline:** Thursday, Feb. 8

Arrive at the Freer Gallery at 10:15 a.m.

and enjoy a docent tour of the “Sacred Arts of Asia”. After the tour, walk next door to the Sackler Gallery for Chinese, Islamic and Japanese exhibitions. At 12:30 p.m. we'll stroll to the Air and Space Museum Food Court for lunch. Meet back at the African Art Museum at 2 p.m. Finally we'll see African Sculpture from the New Orleans Museum of Art. **Lots of walking.**

**Minimum:** 20 **Maximum:** 33

### “Roots”

#### the Television Miniseries

In honor of African-American History Month we will be showing the powerful saga about slavery at **2 p.m.** beginning Tuesday, Feb 6. See the calendar for specific dates.

### Mark Your Calendar

**MARCH 17** National Press Club

**MARCH 26** Trip to Fountain Blue

**MARCH 27** Volunteer Dinner

**APRIL 11** Medieval Times

**APRIL 11** Medieval Times

**APRIL 26** Trip to Mt. Vernon

# DIRECTOR'S UPDATE

Dear Members,

I grew up in a suburb of Cleveland, Ohio. My memory might be faulted, but I recall winter beginning in early October (always had to wear a snow suit over my Halloween costume) and it lasted until late April (same winter coat over my Easter dress). Living in the greater DC area has been wonderful because not only do we benefit by four beautiful seasons, but typically February signifies the 'end is near' and spring is on its way.

February may be the shortest month in the year, but it certainly doesn't short-change us on reasons for celebrations. A few are listed below with a bit of information on their origins:

## Black History Month

American historian Carter G. Woodson established Black History Week to give acknowledgement to the many contributions that Americans of African descents have made to our country. The first celebration occurred on Feb. 12, 1926. In 1976, as part of the nation's bicentennial, the week was expanded into Black History Month.

Our Center will be offering a trip to the Freer Gallery, Sackler Gallery, and the African Art Museum on February 12<sup>th</sup>, register soon! We will be showing the television mini-series "Roots" at 2 p.m. in the afternoons. Look for special presentations by members as well.

## Valentine's Day

The legend of this day's tradition goes back to 270 A.D.! It was a time that the Roman Emperor, Claudius II, proclaimed an edict forbidding marriage. The Romans were at war at the time, and it was believed that married soldiers would not be fearless warriors since they could be too concerned about their families left behind. Valentine was a bishop who was sympathetic to young lovers, and secretly married them. Unfortunately, these rebellious acts cost Valentine his life on February 24, 270 A.D.

Today Valentine's Day is celebrated each year on February 14 and is not just for lovers. This is also a great time to acknowledge all of the important people in our lives. Our Senior Center will host the 4<sup>th</sup> Annual Valentine's Day High Tea. Seats are limited so PLEASE, sign up early!

## President's Day

This holiday was originally known as Washington's Birthday honoring the Father of our Country, George Washington, the first president of the United States. Today it is shared with another highly honored president, Abraham Lincoln. Honest Abe, a nickname he received because he was known for both his honesty and fairness, was our country's 16<sup>th</sup> president. Both will be remembered on February 19. ***This is a national holiday, and our Senior Center will be closed.***

Grace

## The Senior News Now Online!

You can now read the *Senior News* online. Visit the City site at [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)

## MISSION STATEMENT

**The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.**

# WELLNESS PROGRAMS

## Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

**Date:** Wednesday, Feb. 28

**Time:** 10:30 a.m. – noon

## The Nurse Is In/ Fridays 9 a.m. - 3 p.m.



Sign up that day at the front desk for HeartWell patients. Blood Pressure screening from 1-2 p.m. only.

*You can meet with the nurse.*



## In Sympathy

Sympathy is extended to the family and friends of Mildred Gaston who recently passed away.

~~Join Maggie Wesley~~

## Free Private Counseling

Maggie Wesley, our social worker, is at the Center Mondays through Thursdays. Call 301-258-6380 or speak to her directly if you would like an appointment.

## Current Events

Thursdays at 11 a.m.

Politics, popular culture, the environment, modern lifestyles...share your thoughts and hopes with fellow world observers.

## Caregivers Support Group



1st & 3rd Tuesday of the Month  
2 p.m.

Facilitated by Social Worker Maggie Wesley, the meetings provide help to people of all ages who are caring for spouses, parents, siblings, or friends who are ill. Get the care and support you deserve.

## Lipid Profile/Cholesterol Wednesday, Feb. 7

10 – 11:30 a.m.

This venipuncture test includes total cholesterol HDL ratio. Twelve hours of fasting is recommended for the most accurate results. Staff from Adventist Health Care will perform the screening.

**\*Cost: \$23** (age 55+) Pay that day.

There is an additional charge of \$4 for glucose screening.

Advance registration is required for screenings. Please call 1-800-542-5096 to register. Walk-ins will be accommodated, if time permits.

**Meditation on Thursdays  
will take a break!**

## FEBRUARY '07 Activities with Gaithersburg Chapter #5358 of AARP

**Tuesday, February 13, 2007 4 - 8 p.m.**

4:00 p.m. - Bingo (choice of prizes - \$2)

5:30 p.m. - Pizza Party with Wings and Things  
(includes salad, drinks, and desserts \$6)

6:10 p.m. - Brief business meeting

6:45 p.m. - Danielle Benjamin will give a presentation on "Senior Diversity in Gaithersburg: A Kaleidoscope". Learn more about the implications for senior programs and services and our local AARP Chapter. Registration for the free program and advance payment for dinner and games is required by 2 p.m. Monday, February 12.

### March Community Service Project: Head Start Literacy and Educational Gift Bags

On March 13 at 4 p.m. help fill 80 gift bags with books, educational toys, learning materials and a bag of goodies for preschoolers at three local elementary schools. *Monetary donations for the bulk purchase of gift items for 80 children would be most appreciated.* Call Rose (301-258-0839) or Annette to learn other ways you can help.

**CHAPTER TOUR GROUP:** 2 - 6 day motor coach trips are in planning stages. *Where would you like to go?*

**SEA THE WORLD CRUISES-** Join trips Nancy Kupperian has organized for Spring 2007 – a nine-day Tulip River Cruise in Holland on April 7; a Panama Canal trip on April 25 from Fort Lauderdale; and an Alaska trip in June. For more information on itineraries, dates, and costs contact Nancy at 301-428-3366 or Marty at 240-632-9881 or email-info@stwcruises.com. Space is limited; register now.

Members of the Senior Center are invited to join in our trips and service projects and to attend any or all parts of our monthly Tuesday meetings which are held at the Gaithersburg Senior Center. You are welcome to register a friend for any activity. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) by to 17605 Parkridge Drive, Gaithersburg, MD 20878. For more information on meetings, trips, or community service activities, contact Annette by phone at 301-977-7936 or e-mail annettethompsonphd@yahoo.com

# ACTIVITIES AND CLASSES AT THE CENTER

## February Birthdays



- 1 Robert Harmon
- 1 Michael Mullins
- 1 Gloria Sichelman
- 2 Barbara Ransom
- 3 Angelique Jones
- 3 Dr. Amrik Singh
- 3 Kusum Mehra
- 4 Deborah Hirshorn
- 6 Veronica Perrotta
- 8 Barbara Skelly
- 9 Ruth Trus
- 9 Dorene Dalessandro
- 10 Kim Lieh Ma
- 12 Prabhavathi Pippalla
- 13 Charles Hollister
- 13 Chang Hee Son
- 14 Dorothy Branning
- 15 Betty Wooden
- 17 Alice Haskins
- 20 Lois Gulner
- 20 Nitila Patel
- 21 Agnes Johnson
- 22 Devi Kumar
- 23 Premlata Wadhera
- 23 James Fong
- 23 Geeta Mankikar
- 24 Sonia Ledsema
- 28 Josefina Taylor
- 28 Emma Riley
- 29 Eleanor Russo

*Celebrate Feb. 27*



## Singing Seniors

**Singing Seniors** will practice the first and third Wednesday of the month.

## FREE Computer Classes



### TUESDAYS & FRIDAYS

**10 a.m. – noon**

Bruce Longyear will offer personal attention for beginners or experienced individuals with questions.

### THURSDAYS

**10 a.m. – noon**

(one-hour sessions)

Bruce and Susan will help you learn how to search for information on the world wide web.

**Sign up at the front desk for these classes.**

*Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.*

## Stress Reduction

Beginning Feb. 5

**Mondays at 11 a.m.**

**Free**

Maggie Wesley will help define stress, identify causes, examine "faulty thinking" and offer techniques for reducing stress.

## Book Discussion Group

**New Day! Thu., FEB. 22**

**2 p.m.**

**Free**

**Book: Madame Bovary**

**Author: Flaubert**

## Donations Needed:

- ❖ Do you have **yarn** you'll never use? Consider donating it to the Senior Center and it will be used for lap robes or baby blankets for charity.
- ❖ Unused blank, get-well and sympathy **cards** comfort our friends.
- ❖ Prescription glasses are being collected for the Lions Club.



## Yoga Adapted for Seniors \*

**Dates:** Tuesdays, Jan. 2 - March 27 (twelve sessions)

**Time:** 11 a.m. **Fee:** \$30

Yoga poses and sequences in this class can be done sitting on or standing next to chairs. They increase your range of motion, improve your posture and help you gain better balance. **Minimum: 10 Maximum: 25**

## Genealogy

**Date:** Monday, Jan. 22

**Time:** 11 a.m. **Fee:** \$8

No matter what the religion of your ancestors, learn how to research them in the records of the Church of Jesus Christ of Latter Day Saints (Mormons). Feel free to join Judith Mostyn White's class even if you missed earlier classes.

**Minimum: 6**

**Maximum: 12**

## "Core and More"

**Mondays**

**2 p.m.**



**Fridays**

**3 p.m.**

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.

# CLASSES

**\* Late joiners are welcome!**  
(see program sheet)

## Ballroom Dancing

### Beginning

**Dates:** Tuesdays, Feb. 6, 13 & 27 (no class 2/20)

**Time:** 3 p.m.

**Fee:** \$15 (three sessions)

◆ For the beginner who has no ballroom dance experience.

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

**Maximum:** 14

### Intermediate

**Dates:** Tuesdays, Feb. 6, 13 & 27 (no class 2/20)

**Time:** 2 p.m.

**Fee:** \$15 (three sessions)

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

**Maximum:** 14

## Quilting Fridays

**FREE**

1 p.m.

Share experience, materials and ideas.

## Intermediate Pottery

**Dates:** Wednesdays, Feb. 7 - March 28 (eight sessions)

**Time:** 10 a.m.

**Fee:** \$8

Hand-building is taught by Margo Borg for members who have experience working with clay.

**Minimum:** 6

**Maximum:** 8



## Beginning English \*

**Dates:** Tuesdays

**Time:** 11 a.m.

Instructor Lisa Bonvillain will help those with a desire to learn English.

**Minimum:** 10 **Maximum:** 20

**Free**

## NEW -- Level Two English

**Dates:** Tuesdays

**Time:** 12:30 p.m.

Grammar and conversation help for those ready to advance to intermediate English.

**Free**

## F.Y.I.

❖ Supportive shoes should be worn in all fitness and dance programs!

❖ Please put your name in or on your coats and canes to help avoid confusion and help us return lost items.

## Knitters and Cross-Stitchers!

Meet in the lecture room on Tuesdays at 9 a.m.

## Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

## "Ritmo Latino"

Thursdays at 11 a.m.

Move with Olympia Huff to Latin rhythms.

**Free**

## AARP 55 Alive Mature Driving

**Dates:** Fridays, Feb. 9 and 16

**Time:** 2:30 - 6:30 p.m.

**Fee:** \$10

❖ Learn to handle adverse driving conditions and traffic hazards.

❖ Learn about the effects of aging and medication on driving.

❖ You must attend both days.

Some automobile insurance companies give you a discount

**Minimum:** 10 **Maximum:** 25

*The following classes are sponsored by the J.B. and Maurice C. Shapiro Endowment for Women's Health and Suburban Hospital HeartWell Program.*

## WEIGHT TRAINING \*

**Dates:** Wednesdays, Jan. 3 - March 21

**Time:** 1 p.m.

**Fee:** \$12 (twelve sessions)

Matt Rundell, a certified personal trainer, will help you become stronger through the use of hand-weights.

**Minimum:** 10

**Maximum:** 20

## STABILITY BALL \*

**Dates:** Thursdays, Jan. 4 - March 22

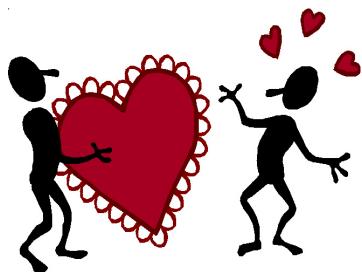
**Time:** 10:30 - 11:30 a.m.

**Fee:** \$12 (12 sessions)

Matt Rundell will show you many ways to use the ball to strengthen your core muscles.

This class will be held at the Activity Center at Bohrer Park. Free bus transportation from the Center leaving at 10 a.m. and returning to the Center by noon.





The Gaithersburg Upcounty Senior Center

# FEBRUARY 2007

[www.gaithersburgmd.gov](http://www.gaithersburgmd.gov)



*Gaithersburg*  
A CHARACTER COUNTS! CITY

301-258-6380

## Calendar of Events

**Sunday**      **Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**      **Saturday**

### NEW Off-Site Classes

Tuesdays    WATERCOLOR    9:30 a.m.    Youth Center at Robertson Park  
Tues./Thu.    TAICHI    11 a.m.    Activity Center at Bohrer Park  
Wednesdays    SHORTFICTION    10 a.m.    Youth Center at Robertson Park

*"Roots"* every Tuesday, Wednesday and Thursday  
at the Senior Center  
Begins Tues., Feb 6 at 2 p.m.

**1**  
8:30am Longevity Stick  
9am Energize  
9:30am Poker  
10am Chair Exercise  
10am Stability Ball  
11am Ritmo Latino  
11am Internet  
11am Stroke Support  
11am Current Events  
12:30pm Bridge  
1pm "I Remember"

**2**  
9am Exercise  
10am Exercise  
10 am Computer Help  
10:30am Watercolor  
12:50pm Bingo  
1pm Quilting  
3pm Core and More

*Nurse is In*  
9 a.m. - 3:00 p.m.

**3**

**4**  
**5**  
9am Exercise  
10am Exercise  
11am Step 2 Music  
12:30pm Mah Jongg  
12:30pm Int. English  
12:50pm Bingo  
1:30pm Book Club  
2pm Embroidery  
2pm Core and More

**6**  
8:30am Longevity Stick  
9am Energize  
9am Cross Stitch/Knit  
9:30am Poker  
10am Computer Help  
10am Chair Exercise  
11am Beg. English  
11am Yoga  
12:30pm Int. English  
12:30pm Bridge  
1pm Mah Jongg  
2pm Caregivers  
2pm Int. Ballroom  
3pm Beg. Ballroom

Trip to National  
Cryptologic Museum

**7**  
9am Exercise  
10am Exercise  
10am Int. Pottery  
10am Lipid Profile/  
Cholesterol  
11am Step 2 Music  
11am Singing Seniors  
12:30pm Bereavement  
1pm Weight Training  
1pm Crochet

**8**  
8:30am Longevity Stick  
9am Energize  
9:30am Poker  
10am Chair Exercise  
10am Stability Ball  
11am Ritmo Latino  
11am Internet  
11am Stroke Support  
11am Current Events  
12:30pm Bridge

*Village Jazz Band*  
performs

**9**  
9am Exercise  
10am Exercise  
10 am Computer Help  
10:30am Watercolor  
12:50pm Bingo  
1pm Quilting  
2:30pm 55 Alive  
3pm Core and More

*Nurse is In*  
9 a.m. - 3:00 p.m.

**10**

**11****12**

9am Exercise  
 10am Exercise  
 11am Step 2 Music  
 12:30pm Mah Jongg  
 12:30pm Internal Light  
 12:50pm Bingo  
 1:30pm Book Club  
 2pm Embroidery  
 2pm Core and More

**Trip to Freer/Sackler  
 Galleries and National  
 Museum of African Art**

**13**

8:30am Longevity Stick  
 9am Energize  
 9am Cross Stitch/Knit  
 9:30am Poker  
 10am Computer Help  
 10am Chair Exercise  
 11am Beg. English  
 11am Yoga  
 12:30pm Bridge  
 12:30pm Children's Inn  
 12:30pm Int. English  
 1pm Mah Jongg  
 2pm Int. Ballroom  
 3pm Beg. Ballroom

**14**

9am Exercise  
 10am Exercise  
 10am Int. Pottery  
 11am Step 2 Music  
 11am Singing Seniors  
 12:30pm Bereavement  
 1pm Crochet  
 1pm Weight Training

**Valentine's Day  
 High Tea**

**15**

8:30am Longevity Stick  
 9am Energize  
 9:30am Poker  
 10am Chair Exercise  
 10am Stability Ball  
 11am Ritmo Latino  
 11am Internet  
 11am Stroke Support  
 11am Current Events  
 12:30pm Bridge  
 1pm Coffee Klatch

**16**

9am Exercise  
 10am Exercise  
 10am Computer Help  
 10:30am Watercolor  
 12:50pm Bingo  
 1pm Quilting  
 2:30pm 55 Alive  
 3pm Core and More

**Nurse is In  
 9 a.m. - 3:00 p.m.**

**17****18****19**

**Senior  
 Center  
 Closed**

**President's Day**

**20**

8:30am Longevity Stick  
 9am Energize  
 9am Cross Stitch/Knit  
 9:30am Poker  
 10am Computer Help  
 10am Chair Exercise  
 11am Beg. English  
 11am Yoga  
 12:30pm Bridge  
 12:30pm Int. English  
 1pm Mah Jongg  
 2pm Caregivers

**Dale Jarrett  
 performs**

**21**

9am Exercise  
 10am Exercise  
 10am Int. Pottery  
 11am Step 2 Music  
 11am Singing Seniors  
 12:30pm Bereavement  
 12:45pm Medical  
 Directives Lecture  
 1pm Crochet  
 1pm Weight Training

**22**

8:30am Longevity Stick  
 9am Energize  
 9:30am Poker  
 10am Chair Exercise  
 10am Stability Ball  
 11am Ritmo Latino  
 11am Internet  
 11am Stroke Support  
 11am Current Events  
 12:30pm Bridge  
 1pm Meditate  
 2pm Book Discussion

**Shopping at  
 Montgomery Mall**

**23**

9am Exercise  
 10am Exercise  
 10am Computer Help  
 10:30am Watercolor  
 12:50pm Bingo  
 1pm Quilting  
 3pm Core and More

**24****25****26**

9am Exercise  
 10am Exercise  
 11am Step 2 Music  
 12:30pm Mah Jongg  
 12:30pm Internal Light  
 12:50pm Bingo  
 2pm Embroidery  
 2pm Core and More

**Lunch Bunch at  
 Dutch's Daughter**

**27**

 **Birthday  
 Celebration**

8:30am Longevity Stick  
 9am Energize  
 9am Cross Stitch/Knit  
 9:30am Poker  
 10am Computer Help  
 10am Chair Exercise  
 11am Beg. English  
 11am Yoga  
 12:30pm Bridge  
 12:30pm Int. English  
 1pm Mah Jongg  
 2pm Int. Ballroom  
 3pm Beg. Ballroom

**28**

9am Exercise  
 10am Exercise  
 10am Int. Pottery  
 10:30am Blood Pressure  
 11am Step 2 Music  
 12:30pm Bereavement  
 1pm Crochet  
 1pm Weight Training

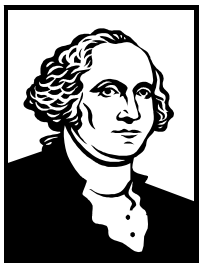
## Bad Weather Closing Policy



The Senior Center will close when Montgomery County Public Schools are closed because of bad weather. If the schools have a late opening the Senior Center will be open; however there will be no City or County transportation provided.

**31**

## ACTIVITIES AND TRIPS



### ***George Washington's Birthday Shopping at Westfield Shoppingtown Mall***

**Date:** Thursday, Feb. 22

**Depart:** 10:15 a.m.

**Return:** 1:45 p.m.

**Fee:** \$4 (transportation only)

**Deadline:** Tuesday, Feb. 20

Commonly known as **Montgomery Mall**, this huge shopping complex has over 190 stores including Macy's, Nordstrom, Macy's Home Store and Sears. Look for loads of clearance bargains. You will be dropped off and picked up in the same spot. Shop on your own. **Lots of walking.**

**Minimum:** 15

**Maximum:** 33

### **AARP Tax Help**

**Every Tuesday, beginning Feb. 6.**

**Appointments ONLY!**

If you are interested in setting an appointment for help with your taxes please follow these directions:

1. Sign up **only** if you have **all** your paperwork ready.
2. Register on the program sheet and you will be called to set an appointment time.
3. If you change your mind, please cancel your appointment by calling the Center (301-258-6380)

### **Luncheon and Tour of National Press Club Washington, DC**

**Date:** Saturday, March 17

**Depart:** 9:45 a.m.

**Return:** 2:30 p.m.

**Fee:** \$22 (includes transportation, tour, lunch and tip)

**Deadline:** Tuesday, Feb. 27

**Dress code:** Business casual (no shorts, jeans, or tee shirts)

Walk through the halls of journalistic history. See Truman's piano where Lauren Bacall sat with him, Norman Rockwell paintings, the ballroom, and the awards corridor, then we'll have our photo taken amidst historic front pages. Lunch choices are on the program sheet.

**Minimum:** 20

**Maximum:** 33



### **A Tribute to Nat King Cole Featuring Walt Maddox LaFontaine Blue**

Glen Burnie, MD

**Date:** Monday, March 26

**Depart:** 10 a.m.

**Return:** 4:30 p.m.

**Fee:** \$46 (includes transportation, lunch, show and tip)

**Deadline:** Friday, Feb. 16 (Absolute final day! Trip cancelled if minimum not met.)

The unforgettable song styling of Nat King is brought to you with warmth and class by Walt Maddox, founding member of The Marcells.

**Minimum:** 20

**Maximum:** 33



### **Crafts for Children's Inn at NIH**

**Tuesday, Feb. 13**

**12:30 p.m.**

Join us for an hour of crafts designed to bring a smile to a child undergoing medical treatment while staying at the Children's Inn at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions. Supplies are provided.



## ACTIVITIES AND TRIPS

### *Lunch Bunch*

#### ***Dutch's Daughter***

Frederick, MD

**Date:** Monday, Feb. 26

**Depart:** 11:15 a.m.

**Return:** 1:45 p.m.

**Fee:** \$5 (transportation only)

**Deadline:** Thursday, Feb. 22

An elegant setting, attentive service, the freshest seafood and Angus beef make Dutch's Daughter a high class dining event. Separate checks will be issued with 20% tip included. Expect to pay \$20 or more.

**Minimum:** 15

**Maximum:** 33

#### **Medieval Times**

Arundel Mills, MD

**Date:** Wednesday, April 11

**Depart:** 9 a.m.

**Return:** 2:30 p.m.

**Fee:** \$48 (includes transportation, show, feast and tip)

**Deadline:** Monday, March 19  
(Trip cancelled if minimum not met)



Step back to the Middle Ages and become a noble guest in the King's Great Hall. Cheer your valiant knight during the tournaments performed on Andalusian stallions. Serfs and wenches serve your feast 11<sup>th</sup> century style (no flatware) so dress in washable clothes. Strobe lights and air-born allergens are present.

**Minimum:** 20

**Maximum:** 24

## MUSIC

#### **Village Jazz Band**

**Thursday, Feb. 8 at 12:45 p.m.**

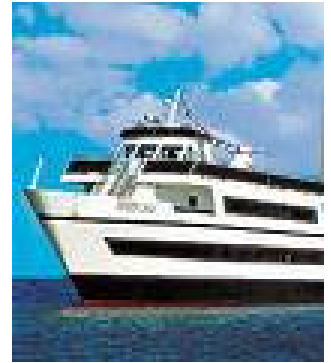
Come for upbeat New Orleans style music associated with Dixieland legends like Jelly Roll Morton and Louis Armstrong.

#### **Dale Jarrett Performs**

**Tuesday, Feb. 20 at 12:45 p.m.**

Songs for dancing and romancing will fill the air.

### ***Spirit Cruise to Mount Vernon***



**Date:** Thursday, April 26

**Depart:** 7 a.m.

**Return:** 4:30 p.m.

**Fee:** \$45 (includes bus

transportation, cruise, and admission to Mt. Vernon)

**Deadline:** Monday, March 19

(Trip cancelled if minimum not met)

We'll set sail down the Potomac at 8:30 a.m. with a narrated riverfront tour. Concessions are available. At 10 a.m. we'll dock and walk up to the mansion for a tour. After walking through the estate and gardens we'll head to the food court for lunch. There are two new facilities to explore: The Ford Orientation Center and the Donald W. Renolds Museum and Education Center. Meet at the front gate at 3 p.m. to return by bus.

**Lots of walking.**

**Minimum:** 20

**Maximum:** 33

## LECTURES

### ***"I Remember"***

**By Hildegard MacLean**

**Friday, Feb. 2 at 1 p.m.**

Learn about the 1945 Russian invasion of Germany (Pomerania) from the perspective of a young girl. Ms MacLean has written her memoirs about the experience.

### **Medical Directives**

**By Mindy Felinton, Atty. at Law**

**Wed., Feb. 21 at 12:45 p.m.**

Who will make your medical decisions when you won't be able to? Ask a lawyer who volunteers with GROWS (Grass Roots Organization for the Welfare of Seniors) how to insure your wishes are carried out. Please register on the program sheet.

**Minimum:** 10 **Maximum:** 25

# SUPPORT SERVICES

## Legal Services

Legal Services are available free to seniors, age 60 and older. Legal Aid Bureau services include: Medicare, Medicaid and Social Security; evictions, public housing; services for homebound and individual's rights and other legal issues. Call 301-927-6800 on Tuesdays and Thursdays between 9 a.m. and noon only.

***For assistance with wills, call 301-279-9100 and ask for the Low-Income 60-Plus Will Program.***

## Caregiver's

Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver? Maggie Wesley MSW, LCSW will meet with you to offer the support you need. Also see page 3 for support group. Call 301-258-6380.

**Mon., Feb 19  
President's Day  
Senior Center  
closed**

## Senior Information and Assistance

**Carol Smith** is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms! Sponsored by Dept. of Health and Human Services. Call 301-258-6380 for an appointment.

## Internal Light

**Monday, Feb. 12 & 26  
12:30 p.m.**

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision. For information call 301-881-0100 x 6748.



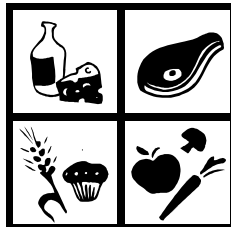
## Bad Weather Closing Policy

The Senior Center will close when Montgomery County Public Schools are closed because of bad weather. If the schools have a late opening the Senior Center will be open; however there will be no City or County transportation provided.

## Bereavement Group

This group meets at the Center every Wednesday afternoon from **12:30 - 2 p.m.** The self-help group, facilitated by volunteers of Hospice Caring, Inc., offers mutual support in coping with grief following the death of a spouse.

## Senior Nutrition Program



Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than 2 p.m. the day before the reservation is needed. The full cost of the meal is \$4.50. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible. *Guests younger than 60 must pay the full cost of the meal!*

## "Book Club" for Individuals with Aphasia

**Monday, Feb. 5**

1:30 p.m.

Fee: \$30

Call 240-475-8786 for info.

## Stroke Folks

**Date:** Thursdays

**Time:** 11 a.m.

Members of the Stroke Folks have all survived strokes. They meet each Thursday to play games, discuss the hot topics of the day and have lunch.

# Noticias de Mucho Interes para los Seniors de Habla Hispana

**“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”**

## Evento

Celebración de cumpleaños  
Tomarse la Presión

## Día

27 de febrero  
28 de febrero

## Hora

12:45 p.m.  
10:30 a.m.

## **CLASE DE INGLES PARA PRINCIPIANTES**

**Día:** martes

**Gratis!** Hora: 11 a.m.

Lisa Vonvillian les enseñará del libro “Lado por Lado” a las personas que estén interesadas en aprender Ingles.

## **REGLAS PARA CERRAR EL CENTRO DURANTE EL INVIERNO**

Si el tiempo está malo y las escuelas públicas del condado de Montgomery cierran, el Centro estará cerrado también. Si las escuelas abren tarde, el Centro estará abierto, pero no se proveerá transportación. Si la temperatura está baja y las escuelas están cerradas, por favor escuche la televisión ó la radio para más información.

## **RITMO LATINO**

**Día:** jueves **Hora:** 11 a.m.

Venga y únase al grupo Hispano para disfrutar un ritmo con saber Latino. Habrá música de merengue, mambo, salsa, y cha, cha, cha. En ésta hora dinámica de baile usted se sentirá libre de mover el esqueleto a su manera. !No se lo pierda!

## **NOTA MUY IMPORTANTE**

Por favor ponga su nombre en sus sacos de invierno y en sus bastones para evitar que alguien se los lleve por equivocación.

## **DALE JARRETT PERFORMARA**

**Día:** martes 20 de febrero

**Hora:** 12:45 p.m.

Se deleitarán con ésta banda tocando música romántica que nos alegrará el alma.

## **DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO: VENCIENTO LAS PREOCUPACIONES**

**Por los Autores:** George y Helen Jesze

**Día:** Jueves

**Hora:** 12:45 – 1:45 pm

**Dirigido por:** Luz Maria Freytes

Nos reunimos una vez por semana a leer un capítulo del libro, y después discutimos nuestras opiniones y como poder encontrar las soluciones a los problemas diarios.

Es muy interesante. No se lo pierda!

## **CUARTA FIESTA ANUAL/TE PARA CELEBRAR EL DIA DEL CARÑO**

**Día:** miércoles 14 de febrero

**Hora:** 1 p.m.

**Costo:** \$5

El almuerzo estará disponible para todos ese día y será provisto atravez del Programa de Nutrición. Habrán sandwiches, sopa, fruta con crema. A la 1 p.m. una persona voluntaria arreglará la mesa con manteles y flores. Se proveerán guantes blancos ó si usted tiene, los puede traer. Se compartirán memorias de sus antepasados e inolvidables amores. Venga, comparta y disfrute de un delicioso té, pastelitos, conversación y por supuesto buena música. El espacio es limitado, por favor regístrese lo más pronto posible. Si usted desea ser una voluntaria por favor déjele saber a Denise.

## **BANDA DE JAZZ/VILLAGE**

**Día:** jueves 8 de febrero

**Hora:** 12:45 p.m.

Venga y disfrute escuchando música de New Orleans asociada con la tierra de Dixie y las leyendas de Luiz Armstrong.

## **DE COMPRAS AL CENTRO COMERCIAL WESTFIELD**

**Día:** jueves 22 de febrero

**Salida:** 10:15 a.m.

**Retorno:** 1:45 p.m.

**Costo:** \$4 (solamente la transportación)

**Fecha de vencimiento:** martes 20 de febrero

Actualmente conocido como el Centro Comercial de Montgomery. Allí usted encontrará tiendas como Macy's, Sears, Nordstroms, etc. que tienen buenas ofertas. El ómnibus los dejará y recogerá en el mismo lugar. En éste viaje se caminará bastante.

**Mínimo:** 15 **Máximo:** 33

## **INGLES - NIVEL II**

**Día:** martes

**Hora:** 12:30 p.m.

**Costo:** gratis

Esta clase ofrece conversación y gramática para los estudiantes que estén en un nivel intermedio.

## **VIAJE AL MUSEO DE ARTE AFRICANA**

Washington, DC

**Día:** lunes 12 de febrero

**Salida:** 9 a.m. **Retorno:** 4 p.m.

**Costo:** \$6 (solo la transportación)

Llegaremos a la Galeria de Freer a las 10:15 a.m. y disfrutaremos de una excursión a las Artes de Arte. Después caminaremos a la galería a disfrutar de una linda exhibición China, Islámica, y Japonesa. A las 12:30 p.m. nos iremos ala cafetería del Museo del Aire y Espacio y ahí almorzaremos. A las 2 p.m. nos encontraremos nuevamente en el Museo de Arte Africana. En este viaje se caminará bastante.

**Mínimo:** 20 **Máximo:** 33

**Gaithersburg  
City Officials**

*Mayor*  
**Sidney A. Katz**

*Council Vice President*  
**Stanley J. Alster**

*Council Member*  
**Geri Edens**

*Council Member*  
**Henry F. Marraffa, Jr.**

*Council Member*  
**John B. Schlichting**

*Council Member*  
**Michael A. Sesma**

*City Manager*  
**David B. Humpton**



**Gaithersburg Upcounty  
Senior Center Staff**

*Director*  
**Grace Whipple**

*Program Supervisor*  
**Denise Mornini**

*Recreation Assistant*  
**Olympia Huff**

*Administrative Secretary*  
**Yoland Bastian**

*Receptionist*  
**Gloria Sichelman**

*Custodian*  
**Andres Castillo**

*Newsletter Layout/Design*  
**Karen Simms**

*Bus Driver*  
**Sherri Schwartz**

**Gaithersburg Upcounty Senior Center  
80A Bureau Drive  
Gaithersburg, MD 20878-1431**

# Classes and Programs for FEBRUARY 2007

(For Office Use Only)

Processed \_\_\_\_\_

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. ***Place a check mark in the box by the activities you want to attend.***

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Street \_\_\_\_\_ City/St./Zip \_\_\_\_\_

*Registration begins Feb. 5, 2007 at 11 a.m.*

ACTIVITY #	EVENT	DATES	FEE
21702	Intermediate Pottery	Feb. 7 – March 28	\$8
21645	AARP Tax Help	(By appointment)	N/A
21701	Book Club	Feb. 5	\$30
21703	Beginning Ballroom Dance	Feb. 6, 13 and 27	\$15
21704	Intermediate Ballroom Dance	Feb. 6, 13 and 27	\$15
21700	Genealogy	March 12	\$8
21699	Medical Directives	Feb. 21	N/A
21508	Yoga Adapted for Seniors <b>(no class March 20)</b>	Jan. 2 – March 27	\$30
21511	Weight Training <b>(Full)</b>	Jan. 3 – March 21	\$12
21512	Stability Ball	Jan. 4 – March 22	\$12
21647	Fourth Annual Valentines Day High Tea	Feb. 14	\$5
21642	Trip to the National Cryptologic Museum	Feb. 6	\$10
21691	Trip to Freer/Sackler Galleries	Feb. 12	\$6
21693	Shopping at Westfield Shoppingtown Mall	Feb. 22	\$4
21692	Lunch Bunch to Dutch's Daughter	Feb. 26	\$5
21694	Luncheon and Tour of National Press Club	March 17	\$22
<input type="checkbox"/> Turkey club sandwich <input type="checkbox"/> Smoked Salmon on bagel <input type="checkbox"/> Sirloin burger <input type="checkbox"/> Caesar salad			
21696	Tribute to Nat King Cole Featuring Walt Maddox	March 26	\$46
21698	Medieval Times	April 11	\$48
21697	Spirit Cruise to Mount Vernon	April 26	\$45

**\* If you would like to join a class that has already started ask at the front desk for a pro-rated fee.**

**The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed:** \_\_\_\_\_

**Registrations will not be processed until the 5th of the month!**

Amount Paid \$ \_\_\_\_\_ Cash ☐ Check# \_\_\_\_\_  
 Visa/MC# \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_  
 Signature/Name on card \_\_\_\_\_





## Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐

**Check if you need special accommodations.**

Signature

Date

**Do we have your updated Emergency Contact Information?**

**Name :** \_\_\_\_\_ **Phone:** \_\_\_\_\_